

**16-Page Pamphlet Available From  
Alabama Heart Association**

Six ways to reduce the risk of heart attack are spelled out in a new booklet now available from Alabama Heart Association. Entitled "Reduce Your Risk of Heart Attack", the 16-page pamphlet is the first such publication to come from the state. It contains knowledge of factors which significantly increase the risk of premature heart disease. It was prepared by the American Heart Association, parent organization of Alabama Heart Association.

On the basis of popular demand, thousands of middle-aged persons participated, the Heart Association prescribes this six-pronged plan on heart attack risk factors:

- (1) Have regular medical checkups.
- (2) Regulate fat and cholesterol in the diet.
- (3) Reduce if overweight.
- (4) Control high blood pressure.
- (5) Don't smoke cigarettes.

(6) Exercise regularly. Periodic checkups, the booklet points out, make it possible for doctors to detect and treat promptly a number of conditions predisposing to heart disease. These include diabetes, high blood pressure, and high blood levels of cholesterol and other fatty substances.

The public is urged to reduce saturated fats in the diet with polyunsaturated fats--such as vegetable oils and fish--wherever possible and to eat less food that is high in cholesterol.

Counting calories is also recommended -- to lose weight, if necessary,

**Rucker To Begin  
Limited Basic  
Training Program**

A limited basic training activity for 400 soldiers will begin this month at the Army Aviation Center to meet the military manpower shortage at this installation.

A group of 400 new servicemen will arrive here during the week of March 7, and will begin their eight-week basic training March 14. This training will be conducted by the 5th Battalion, 31st Infantry, and will include all areas of training required for a regular basic training center.

Upon completion of this training, the soldiers will be assigned to the various activities of Fort Rucker for on-the-job individual training, and will be retained here for duty when their training is completed.

Fort Rucker officials say this is a one-time program to meet the shortage of enlisted men throughout the installation. It is the first time basic training has ever been conducted at Fort Rucker, since it was designated a permanent military installation.

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or to avoid gaining, if are physically active, weight is normal.

Cigarette smoking has been found to increase the heart attack risk two to three-fold, a booklet concludes, noting that this is fortunately a reversible risk factor. Former cigarette smokers who kick the habit approach non-smokers' heart attack rate.

As for exercise, the booklet reports, a number of studies have shown that men who lead sedentary lives run a higher risk of heart attack than those who

disease of the obesity.

One of the results of the serious disturbance in the functioning of the liver is a cirrhosis sometimes a fatal disease. Food intake of the fat person is usually much more than normal and puts a strain on work on the liver. The high-carbohydrate, high-fat, and relatively low-protein diet which is common to the overweight affects the liver.

Certain vitamins necessary for a healthy liver are not contained in the overly fat person's preferred diet.

Physicians are familiar with the craving for fatty and carbohydrate-rich foods and associate it with the desire to overeat. Certain vitamins essential for a healthy liver are not contained in the overly fat person's preferred diet.

At the very least, reducing the risks can result in better general health and physical fitness for every member of the family. Children stand to benefit most of all, by learning early in life to avoid eating and living patterns that may lead to premature heart disease.

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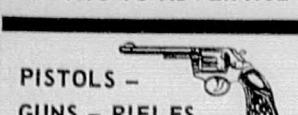
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## KINSTON NEWS

By Mrs. John Foster

## Hanson-Crook Wedding Rehearsal Held

The Hanson-Crook wedding rehearsal was held Saturday night at 7 P.M. at the Kinston Methodist Church. Mr. and Mrs. Royana Hanson and Donald Crook will be married April 1.

Immediately following the rehearsal, Mr. and Mrs. George Haynes entertained the wedding party at their home. The party rooms were decorated with arrangements of spring flowers. Cakes, punch, chips, cookies and coffee were served. Those attending other than Miss Hanson and Mr. Crook included Miss Gwen Allen, We-

## Kinston Wins State Basketball Tournament

Kinston is proud of the fine games the basketball boys played last weekend and also of Coach Creigh Purcell, assistant coach. Cakes, punch, chips, cookies and coffee were served. Those attending other than Miss Hanson and Mr. Crook included Miss Gwen Allen, We-

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